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TV. Doomsday

COURTESY OF TLC

▶ Going by the pen name of Dr. Stirling Silverman, this man has taken every precaution to be ready for the country's collapse.

Advice to survive the apocalypse

First the S&P downgrade, then an unsettled stock market, and then an earthquake? If you're not thinking about the apocalypse, you'll at least want to meet those who are preparing for it. Dr. Stirling Silverman is at the ready — he's been stocking supplies since the '80s — and is one of the survivalists featured in the TLC special "Livin' for the Apocalypse," airing Sunday. Hunker down and read our interview for his tips. {page 20}

When does good police work turn into spying?

AP report reveals NYPD spies on city's Muslim communities ◐ FBI says it's a tactic they would never use ◐ Police insist they're just keeping us safe {page 02}

News

iQuit: Jobs hands over Apple reins

- After 14 years at helm of company started in his garage, time to say farewell
- Where does Apple go from here? {page 10}

Plax: Giants tilt no big deal

Burress says facing former team has no 'juice' {page 24}

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Bus crash on NJ Turnpike

NEW JERSEY. A bus driver is fighting for his life and 14 others were injured when a bus crashed yesterday on the New Jersey Turnpike. The tour bus, carrying 55 passengers and owned by DC Trails, had left Brooklyn and was on its way to Washington, D.C.

METRO/CB

GETTY IMAGES

▶ Bumpy ride?

Amtrak riders warned

NEW YORK. Passengers traveling on an Amtrak train from Boston to Virginia last week should get checked for measles, officials at the Virginia Department of Health warned this week.

According to a recent press release from the department, a man who was infected with measles boarded the Amtrak Northeast Regional No. 171 in Philadelphia on Aug. 17. The train left Boston at 8:15 a.m., according to reports, and made stops in New York City, Philadelphia, Maryland, and Washington, D.C., until it reached its final destination in Lynchburg, Va., around 12 hours later.

Symptoms of measles could develop as late as Sept. 7, according to Virginia health officials.

METRO/SA

NYPD accused of using spy tactics

▶ NYPD working with CIA to secretly monitor Islamic bookstores, cafes, mosques ▶ Some call it racial profiling and spying ▶ Others say it works

Methods in use by the NYPD to monitor Muslims have come under fire as spy tactics, according to a report released yesterday by The Associated Press.

The NYPD — with support from the CIA — has quietly been dispatching undercover officers to monitor people shopping in Islamic bookstores, attending sermons at mosques across the city and even simply hanging out in hookah bars, the AP reports.

These officers, nicknamed "mosque crawlers," infiltrate Muslim and Middle Eastern neighborhoods, settling in to observe regardless of whether they received tips of terrorist plots there.

The CIA and FBI are prohibited from spying on American citizens and some say the NYPD is infringing on basic civil rights.

"If you're sending an informant into a mosque when there is no evidence of wrongdoing, that's a very high-risk thing to do," Valerie Caproni, the FBI's general counsel, told the AP. She said the FBI never sends agents into mosques looking for leads. "You're running right up against core constitutional rights. You're talking about freedom of religion."

In 2004, the City Council passed a law prohibiting the NYPD from using religion or ethnicity "as the determinative factor for initiating law enforcement action," the AP wrote.

Some, however, are calling this a case of good police work. Councilman Peter Vallone, head of the Council's Public Safety Committee, says cops use a "well-trained officer's experience" in deciding where to investigate. After all, he adds, a police officer's decision to monitor a bookstore or mosque is not illegal.

The Council on American-Islamic Relations yesterday asked the U.S. Justice Department to investigate the NYPD's actions.

MARK OVASEA/METRO

▶ Undercover cops have been listening to sermons at mosques throughout the city, police officers told The Associated Press.

Quoted

"I don't think there's an expectation of privacy when you're behaving in public."

HEATHER MACDONALD, SENIOR FELLOW IN POLICING AT THE MANHATTAN INSTITUTE

ALISON BOWEN
alison.bowen@metro.us

Terror thwarted

According to the NYPD, it has foiled 13 potential terrorist plots since 9/11:

- Mohamed Mahmood Alessa and Carlos Eduardo Almonte were arrested last year, accused of planning to join the terrorist group al-Shabab in Somalia.
- Shahawar Matin Siraj was sentenced to 30 years in prison in 2007 for trying to blow up the Herald Square subway station.

▶ Zazi

- Najibullah Zazi told a New York court in 2009 that he had planned to attack New York City subways.

Tried it already in LA

NEW YORK. In 2007, the Los Angeles Police Department tried to start a similar program where police would comb Islamic neighborhoods, looking for pockets of extremism. But police chief William Bratton nixed the plan after massive public outcry. "A lot of these people came from countries where the police were the terrorists," Bratton said, according to the Los Angeles Daily News. "We don't do that here. We do not want to spread fear."

METRO/AB

In the news

9/11 victim identified

The remains of a man killed on 9/11 were identified, the medical examiner announced Tuesday. Ernest James, 40, was identified through a DNA sample. James worked as a manager for Marsh & McLennan brokerage firm and was killed when the towers collapsed. METRO/AB

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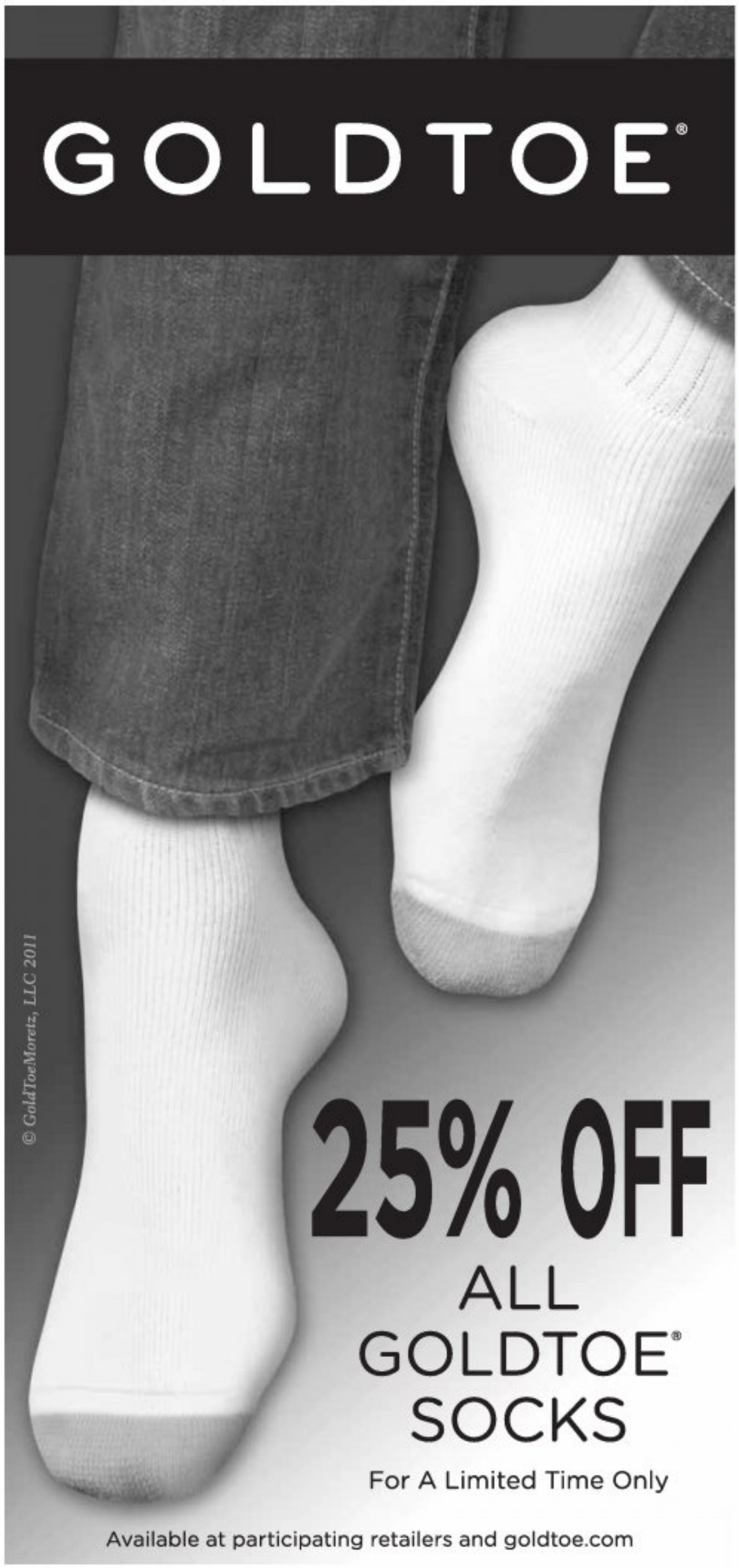

MARK OVASKA/METRO

▶ We're sorry (again), riders of the C train.

Straphangers say C line worst in the subway ... again

The results are in: The C is the worst train in the subway system.

The C can't seem to shake its bad rap: This is the third year in a row the C has been deemed the city's overall worst line, according to the 14th annual State of the Subways report from the NYPIRG Straphangers Campaign, a subway riders' advocacy group.

The Straphangers Campaign ranks all the trains in the system based on transit data supplied by the MTA, such as lateness of trains, breakdowns, crowding and the ease with which riders can find a seat.

2 tied for worst

This year, for the first time ever, the 2 tied with the C for last place, mainly because of crowding.

▶ Riders are less likely to get a seat on the 2 train during rush hour than any other line, the report found.

The C, which runs between Euclid Avenue in Brooklyn and Washington Heights in Manhattan, has the least amount of daytime service, the report found. Riders wait twice as long for the C as they do for other trains in the system, nearly a 10-minute wait between trains compared to the system-wide average wait of just over 5 minutes. Also, cars on the C break down far more often than on other lines, breaking about every 54,000 miles compared to the system-wide average of every 170,000 miles, according to the report.

Which line gives you the most bang for your MetroCard? The J/Z is the best in system due to its regularity of service.

CARLY BALDWIN
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BK coin dealer murdered

GRAVESEND. A Brooklyn coin dealer was beaten to a lifeless pulp, stuffed into the trunk of a Volvo and had his body dumped a mile from his home on Tuesday. Cops said a group of robbers attacked Steve Halfon, 61, after he closed his shop on Kings Highway and was walking to his car just after 5:30 p.m. The men beat him to death and put his body in the car. His body was dumped in Midwood, near East Seventh Street and Avenue N. Police don't think Halfon was robbed, or that the men even got inside his store, but Halfon had a sizeable collection of gold and always carried lots of cash, according to a report in the New York Daily News. ● METRO/AB

DSK accuser in legal bind

NEW YORK. The maid who accused Dominique Strauss-Kahn of rape now may face perjury charges — and a deportation hearing — after it was revealed that she lied on her application for asylum. Prosecutors said she lied about being gang raped in Guinea. After the criminal charges were dropped, the 32-year-old housekeeper maintains a civil suit against DSK. ● METRO/AB

NYPD cop indicted after rape

- Cop accused of rape didn't intend to hurt anyone, his attorney says
- Allegedly attacked Bronx woman

PAUL LOMAX/POOL

▶ NYPD officer Michael Pena is accused of raping a teacher.

Michael Pena, the NYPD officer accused of raping a woman last Friday, did not intend to hurt anyone, his attorney said yesterday.

"There is absolutely no doubt that there was no intent on the part of Michael Pena to hurt anyone," his lawyer, Martin Goldberg, told reporters. Pena was indicted, but his charges weren't disclosed, prosecutors said yesterday.

Another of Pena's lawyers had previously said his client might have been intoxicated when prosecutors say he raped a 25-year-old Bronx schoolteacher on Aug. 19.

The woman said that Pena first stopped her on the street in Inwood and asked her for directions to the 1 train. He then pulled out his gun and forced her into a nearby courtyard. There, she says, he raped her.

A woman in the building above the courtyard called 911 after seeing a commotion and Pena, 27, was arrested at the scene. The arresting officers didn't realize Pena was a cop until they found his police ID on him, according to reports.

His next court date is scheduled for Sept. 21. Pena is a three-year veteran of the police force and was assigned to a Washington Heights precinct. He has been suspended.

ALISON BOWEN
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Ex-officers free pending appeal

NEW YORK. Two former NYPD officers accused of rape but acquitted were both sentenced to jail for official misconduct. Kenneth Moreno received a sentence of one year in prison and his partner, Franklin Mata, got 60 days. Both men, who have since been kicked off the force, will be in court Sept. 12 for a hearing on their appeals. ● METRO

Bail raised on alleged wife-killer

NEW JERSEY. Bail has been increased for a man who cops say plotted his wife's murder. A judge raised the bail for former Brooklyn resident Kashif Parvaiz, 26, on Tuesday after prosecutors said he was a flight risk because he has millions from a real estate deal. His alleged accomplice, Antoinette Stephen, is behind bars on a $5 million cash bail. Prosecutors say the two conspired to shoot Parvaiz's wife. ● METRO/AB

$3M Amount of Kashif Parvaiz's bail, up from $1 million.

Bolt Bus kicked out of Midtown

GETTY IMAGES

MIDTOWN. Bolt Bus — known for providing cheap rides to places like Philadelphia and Washington, D.C. — will no longer be able to pick up passengers from its hub on West 33rd Street. The company announced it will move to a new stop in a residential stretch in Chelsea on 24th Street and Eighth Avenue by the end of the week. ● METRO/AB

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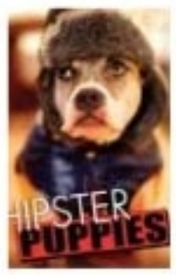
▶ The most ironically dressed dog wins tonight in DUMBO.

Smug pug parade: Hipster bow-wows to strut their stuff

What's better than a hipster fashion contest? A hipster dog fashion contest.

Tonight, dogs from across New York City will compete in DUMBO in the first-ever Hipster Puppy Pageant.

The event was inspired by the Tumblr blog and book of the same name. "Hipster Puppies," created by Greenpoint resident Chris Weingarten, features puppies with sour, disaffected faces and sardonic attire. Witty captions naturally follow.



No cats allowed

The contest starts at 7 p.m. at the Power House Arena in DUMBO, and it's open to all hipster dogs and their owners.

Weingarten came up with the idea last February and the blog quickly caught on, with more than 5,000 submissions to date.

"I take cuteness very seriously," said Weingarten, 31, who works as a music journalist. "The gaze is what really defines them. It's in their eyes. How smug is this pug?"

Weingarten will be on hand tonight to sign copies of his book as well as to help choose a contest winner — the most ironic and indifferent dog. It will really come down to the fashion sense of their owners, however, Weingarten said.

"Animals lack the cognitive capacity to be 'hip,'" he pointed out.

There will be free Pabst Blue Ribbon for the owners and gift certificates to PS9 Pets for the dogs.

EMILY ANNE EPSTEIN
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Drink tonight for a cause

MIDTOWN EAST. Metro wrote yesterday about New Yorkers training to participate in the first-ever Civilian Military Combine, a 7-mile mountain run to be held the weekend of Sept. 11. The race raises money for military, fire, police and medical aid charities, such as the Semper Fi Fund, Operation Homefront and the New York Firefighters Burn Center Foundation. But you don't have to break a sweat to help out: Head over to Copia Lounge on East 53rd Street tonight for "Operation Bar Games." A $10 donation at the door gets you complimentary drinks from 6 p.m. to 7 p.m. and it's $40 per person to play flip cup and beer pong. METRO/CB

Targeted for theft: Old men

CHELSEA. Police say a robber is on the loose who seems to be targeting elderly men in Chelsea. This man was involved in four robberies in the past two weeks where older men were the victims, including one last Tuesday where he followed an elderly man into a Broadway building, choked him in an elevator and took his wallet, according to police. METRO/AB

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Barneys.com

$1 million price on Gaddafi's head

Libya's new masters offered a million-dollar bounty for the fugitive Muammar Gaddafi yesterday, after he urged his men to fight on in battles across the capital.

A day after rebel forces overran his Tripoli headquarters and trashed symbols of his 42-year rule, scattered pockets of loyalist diehards kept the irregular fighters at bay as they hunted Gaddafi and his sons. Rebels also reported fighting deep in the desert and a standoff around Gaddafi's tribal home town.

In Tripoli, rockets and gunfire kept 2 million civilians indoors. Most were anxious but hopeful the war would soon end — and with it, worsening shortages of food, water and medical supplies for hundreds of wounded and for the sick.

"Gaddafi's forces and his accomplices will not stop resisting until Gaddafi is caught or killed," said Mustafa Abdel Jalil, head of the rebels' National Council, who offered amnesty to any of his entourage who killed the fallen strongman and announced a reward worth over $1 million for his capture.

"The end will only come when he's captured, dead or alive," Abdel Jalil said from Benghazi. REUTERS

On his way out

- The White House said yesterday there was no sign yet that Gaddafi has let go of power, but repeated its view that he was on the way out.
- "The developments that we're seeing are an indication the Gaddafi regime's 42-year grip on power in Libya is slipping," said White House spokesman Josh Earnest.

FILIPPO MONTEFORTE/AFP/GETTY IMAGES

▶ Rebels celebrate around the iconic statue of a golden fist crushing a U.S. military bomber outside Gaddafi's heavily damaged Bab al-Aziziyah compound in the center of Tripoli.

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Quake cracks monument

WASHINGTON. The earthquake that shook much of the East Coast cracked one of the stones at the top of the Washington Monument, a National Park Service spokesman said yesterday. The huge obelisk, a prime tourist attraction on the U.S. capital's central Mall, was evacuated soon after the quake was felt around 1:51 p.m. on Tuesday. REUTERS

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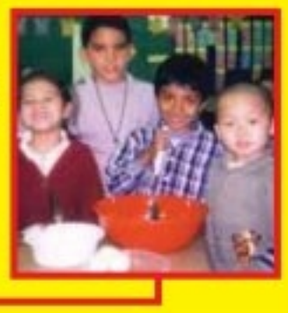

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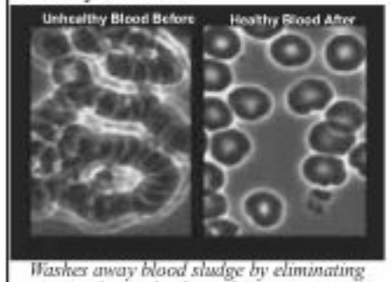

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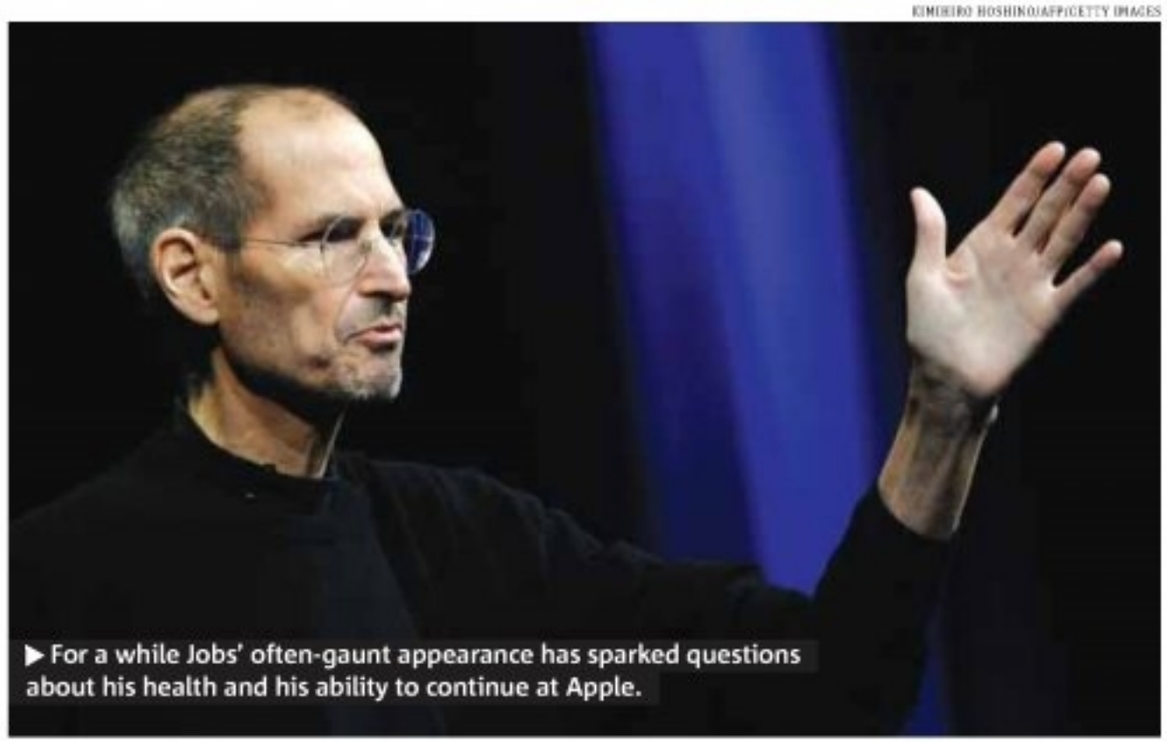

▶ For a while Jobs' often-gaunt appearance has sparked questions about his health and his ability to continue at Apple.

Steve Jobs resigns as Apple CEO

7%
Amount Apple shares fell in extended trading.

17% **The stock has climbed 17 percent this year, up from an adjusted $5.48 on Sept. 16, 1997, the day Jobs came back as CEO after leaving in '85.**

Silicon Valley legend Steve Jobs relinquished the reins at Apple to right-hand man Tim Cook last night, after 14 years in command at a company he brought back from the brink and turned into the world's largest technology corporation.

Jobs, who fought and survived a rare form of pancreatic cancer and revolutionized the technology arena with the iPhone in 2007, is deemed the heart and soul of a company that he himself started in a garage in the late 1970s.

"I have always said if there ever came a day when I could no longer meet my duties and expectations as Apple's CEO, I would be the first to let you know," he said in a brief letter announcing his resignation. "Unfortunately, that day has come."

Quoted

"The big concern is 'Uh-oh, is this the end?' I think that would be clearly overblown."

KEVIN DEDE, ANALYST

A college dropout, a Buddhist and a son of adoptive parents, Jobs started Apple Computer with friend Steve Wozniak. The company soon introduced the Apple 1 computer. But it was the Apple II that became a huge success and gave Apple its position as a critical player in the then-nascent PC industry, culminating in a 1980 IPO that made Jobs a multimillionaire.

"I will say to investors: Don't panic and remain calm," said analyst Colin Gillis. **REUTERS/BLOOMBERG**

Hurricane heading for US

NEW YORK. Irene strengthened to a Category 3 major hurricane as it churned through the Bahamas yesterday on a path forecast to take it to North Carolina's Outer Banks and into New England.

The storm, with winds of 115 miles per hour, may cause "devastating damage," the National Hurricane Center said in an advisory. Evacuations began yesterday on the Outer Banks.

Irene is forecast to pass near the North Carolina coast on Saturday and then strike Long Island and Rhode Island on a path toward Boston early on Sunday, according to the center's projections. **BLOOMBERG**

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2

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Joel McHale doesn't like what he's become, Zach Braff wants to see more news stories, and Seth MacFarlane isn't a fan of scooters.

▶ @joelmchale
I found myself humming the "My Heart Will Go On" today. What the hell happened to me?

▶ @zachbraff
So much going on in the world. The 6 most popular stories on the Huffington Post are about Kim Kardashian. Color me confused.

▶ @SetMacFarlane
Disneyland may be the happiest place on earth, but it's also the most motorized wheelchairiest place on earth.

Zach Braff

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

A new Cyrus baby

When I first saw this photo and the news item that the goth man in the picture is going to be a dad, I was like, "**Marilyn Manson**'s demon seed passes on." But it turns out it's actually **Miley Cyrus**' brother, **Trace Cyrus**, 22, who has become the baby daddy to the unborn child of Disney's "The Suite Life of Zack & Cody" star **Brenda Song**, 23. That is a lot of tattoos for ol' Trace Cyrus, right? But honestly, I'd probably act out that badly if **Billy Ray Cyrus** were my dad, too.

Oh, and one more thing: Cyrus apparently has a Hot Topic-inspired clothing line called "Southern Made, Hollywood Paid." We do this to ourselves, America.

▶ Disney must be so proud. Song, left and Cyrus.

In Touch is in big trouble

Now that the new issue of In Touch — the tabloid that started the **Will Smith** and **Jada Pinkett Smith** split rumors — is actually out, let's see what it had to say, shall we?

Honestly, it's not much — just that Will walked in on Jada with her "HawthoRNe" co-star **Marc Anthony**. ... Wait! What?!

Yes! They claim Will left crying after catching Marc and Jada together in their family home. Gettin' jiggy with it, indeed.

For what it's worth, everyone involved is totally denying everything, with the

Smiths even getting their legal team to possibly take action against the magazine.

Smith was probably just sobbing from the shock of seeing Anthony naked. Kidding! Kind of! This is all so crazy, it must be dreamed up by the "HawthoRNe" PR team just to remind all of us it's still on the air.

Catfights or no at memorial service?

Taylor Armstrong apparently invited her "Real Housewives of Beverly Hills" co-stars to the private memorial for her estranged husband, **Russell**, yesterday in Hollywood, RadarOnline.com reports. "A lot of thought and consideration went into Taylor's decision to invite the entire cast. In the end, Taylor didn't want to exclude anyone, and even though she doesn't get along with all of them, Taylor wanted them there. The girls have been very supportive to her throughout this entire tragedy.

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DOROTHY ROBINSON'S WORD BLOG

Taylor needs her friends around her more than ever," a source close to the situation said.

I hope the ladies can keep it together enough not to have a fight at the memorial service. But you know, that might just be asking a little too much from them.

Talking points

Another actor in the family

Sarah Jessica Parker admits that **James Wilkie**, her 8-year-old son with husband **Matthew Broderick**, is itching to get into the family business and become an actor. "I don't want him to do it until after he goes to college," she tells Parade magazine. "But part of me thinks maybe it's better if he knows the truth now about how hard it is to be a working actor. I don't know if he grasps what it took to get us here."

▶ Sarah Jessica Parker and son James Wilkie Broderick

Carey to be on 'X-Factor'

It looks like **Mariah Carey** will be a part of the U.S. edition of "The X-Factor" after all, but she won't be sitting behind the judges' table, according to People magazine. "Mariah is definitely confirmed to be a part of 'X Factor,'" a source says, explaining that Carey will be a guest of a judge instead of a judge herself. "She is confirmed to tape something with **Simon Cowell** at the judge's homes."

Fox: Marilyn no more

Megan Fox says she's removing the massive portrait of **Marilyn Monroe** tattooed on her forearm because it caused "negative energy," according to Hollyscoop. "It's a negative character, as she suffered from personality disorders and was bipolar," Fox explains. "I do not want to attract this kind of negative energy in my life. I'm removing it." So does this mean her many other tattoos aren't safe either? "Who knows, maybe I'll remove the others too," she says. "But the laser hurts."

myentertainment

These celebrities are having a ball

1: King Al Pacino showed who's boss at the Q&A portion of the "Scarface" Blu-ray release party Tuesday at Belasco Theatre in Los Angeles.

2: Kellan Lutz hosted the official Project after-party and launch of Dylan George and Co. Abbot + Main Spring 2012 collections at Chateau Nightclub & Gardens on Tuesday in Las Vegas.

3: TV personality Vienna Girardi attended the Deus Ex Human Revolution gaming launch party held Tuesday at the Roxbury in Hollywood.

4: Rachel Maddow showed off her street sense while departing the "Late Show with David Letterman" at the Ed Sullivan Theater in New York City on Tuesday.

5: Roger Federer showed off his big, well, you know, at the 2011 US Open Tweet Rally kickoff at Mercedes-Benz Manhattan on Wednesday in New York City.

6: On Tuesday, Prince Harry chatted with members of The Suffolk Foundation taking part in the EngelandVaarders 2011 rowing exhibition, which goes from Katwijk, South Holland, to the shores of Sizewell, Suffolk. He met the families of four British men aiming to re-create the epic journey made by 32 Dutchmen who escaped their Nazi-occupied homeland of the Netherlands during World War II. Only eight of the refugees survived.

1: MARK SULLIVAN/WIREIMAGE
2: ISAAC BREKKEN/WIREIMAGE
3: TOMMASO BODDI/GETTY IMAGES
4: DONNA WARN/GETTY IMAGES
5: DAVE KOTINSKY/GETTY IMAGES
6: CHRIS RADBURN - WPA POOL/GETTY IMAGES

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Jessica Alba: Double-O mom

The actress plays a spy juggling her little ones in 'Spy Kids 4' Says the real-life mom, 'There's a lot of natural comedy in being a first-time parent'

Robert Rodriguez is known for bouncing between pulpy grown-up flicks like "Sin City" and kid-friendly fare like the "Spy Kids" series, but actress Jessica Alba, who stars in "Spy Kids 4," had never seen him take on the latter before. "Robert doesn't change, and his process doesn't change," she insists. "But there's a lightheartedness on a set where when there's kids around — you're not blowing things up. There's no cursing. It's kids' stuff and toys."

While this is the third time Alba has teamed with Rodriguez, it's the first time they've done something family-friendly together. "I talked to Robert about wanting to do a movie that my daughter could see," she says. "There's a lot of natural comedy in being a first-time parent and just being in day-to-day situations." Of course, in "Spy Kids 4," a day-to-day situation could mean fighting off evil henchmen and car chases while extremely pregnant, which Alba does in the film.

"It was really a great comedic set piece," she says. "Like, what if a woman's going through contractions while trying to save the world? And, of course, a woman's going to try to do it all."

Alba later found out that it was her conversations with Rodriguez that led to much of her character — a professional spy who puts work on hold for her family. "He said that my character was inspired by seeing me trying to balance it all — and probably not doing the greatest job at it, but trying at least," she says, laughing.

One of the ways she and husband Cash Warren try is by making family the top priority on the weekends. "That's when my husband and I make a concerted effort to not e-mail or text and ... just be completely, 100 percent focused [on our daughters]," she says.

Child stars?

As much as she enjoys being an actress, Alba's pretty firm about not wanting her girls to get into the business too soon.

"I was a child actor, and it worked for me given the circumstances I was in, but I'm lucky enough to give my daughter — and my second baby — a completely different life and educational opportunity than I ever had," she says. "When they're done with college, if they want to get into the arts that's fine. But I wouldn't encourage them to work in this type of environment. I really wouldn't."

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METRO WORLD NEWS IN LOS ANGELES

RICO TORRES

This is one mom you don't want to mess with. Jessica Alba and husband Cash Warren welcomed their second daughter, Haven Garner Warren, on Aug. 13.

Quoted

"I think it was really just a great comedic set piece. Like, what if a woman's going through contractions while trying to save the world? And, of course, a woman's going to try to do it all."

ALBA, ON PLAYING A PREGNANT SPY

TV watch list

'Project Runway'

REALITY. It's a race to the finish in a challenge to create a look for New Balance. No, seriously — the designers race each other, on foot, to be named tonight's team captains. 9 p.m., Lifetime

BARBARA NITKE

On your mark, get set, go designers!

'Futurama'

COMEDY. Fry contracts an "unknown pathogen" — aka the common cold — in a future world that hasn't seen the sniffles in ages. Hopefully chicken soup and Emergen-C haven't been eradicated from New New York, either. 10 p.m., Comedy Central

'Life 2.0'

MOVIE. The latest film in Oprah's "Documentary Club" looks at people who spend their days on the virtual reality site Second Life. Perfect viewing for people who spend their nights watching others live out their lives on TV. 9 p.m., OWN AMBER RAY

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going out

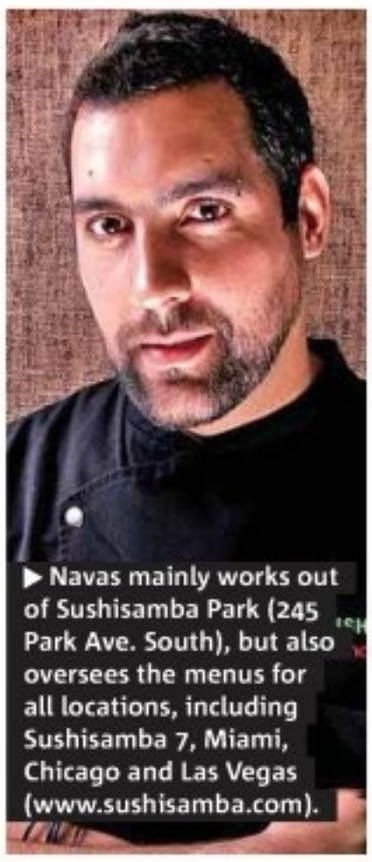
Have knives, will travel

Fernando Navas traveled the world to bring his experience to the new menu at Sushisamba ◐ Want a taste? ◐ Ladies, we know the way

Hot Chef

Fernando Navas of Sushisamba

Fernando Navas gets around. Born and raised in Argentina, the 31-year-old (and single!) chef has worked at El Bulli and served as sous chef at Nobu Miami. To create the new menu at Sushisamba, Navas traveled to Japan, Brazil and Peru in order to revamp the offerings. Ladies, if you'd like a world-traveler who knows how to cook — and who doesn't? — we have a little info on the best way to this Hot Chef's heart.



▶ Navas mainly works out of Sushisamba Park (245 Park Ave. South), but also oversees the menus for all locations, including Sushisamba 7, Miami, Chicago and Las Vegas (www.sushisamba.com).

What are the standout items on your new menu?

In season, we have a nice soft-shell crab slider with pico de gallo. Also, a local tomato and seaweed salad with olive oil, sea salt and white grapes. I'm doing all kinds of scallops and dumplings as well, served with summer vegetables with fava beans, English peas and yellow pea shoots.

You're a globetrotter. Where do you currently live?

In Williamsburg. I love Williamsburg.

If a nice Williamsburg girl wanted to impress you by cooking for you, what should she whip up?

Homemade pasta. First of all, I love pasta, and secondly, it takes a little bit of time to do the dough and the kneading and then make the raviolis or the pasta. That will impress me more than anything else.

What if you want to impress her?

I would start with crudo with nice sea salt. Or ceviche with a little bit of spice. It is a very simple, light dish, but to execute it well takes a lot of knowledge.

The knives have it

We asked Navas what's the one thing in his kitchen he can't live without. "Knives," he replied. "I'd be lost without my chef knives."

DOROTHY ROBINSON
dorothy.robinson@metro.us

Theater District. New opening

▶ Jbird is open Tuesday through Saturday, 7:30 p.m. to 2 a.m. For reservations, e-mail reservations@jbirdny.com.

Sip in style at new Jbird

The Theater District doesn't boast as many cocktail lounges as, say, downtown. (Really, where on earth does?) But the opening of Jbird, inside of XVI (251 W. 48th St.), will help that balance. Famed mixologists Marshall Altier and Jason Littrell have created tasty libations such as the Jbird Swizzle (jasmine flower-infused rum, Don's spices, lime, pineapple, blueberry syrup and bitters) and the Hudson Breeze Fizz (London Dry gin, apple, brandy, pomegranate syrup, lemon, baked apple froth and soda) for the swank 68-seat spot. METRO

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going out

▶ Beer Table Pantry features a "quickly rotating" selection of 65 to 100 bottles.

Brooklyn beer haven now in Grand Central

- Beer Table Pantry opens in the famed terminal
- A breakdown of the brew and brew-companiments

Beer Table Pantry
Graybar Passage
Grand Central Station
beertable.com

Because apparently a house is not a home unless it has tons of beer, this outpost of the Brooklyn beer lover's paradise has brought its sudsy "necessities" to a slim Grand Central storefront that resembles a miniature general store, with the main nook's walnut shelves bursting with bottles and carefully curated brew-companiments, and the walk-in fridge loaded with frostier bevs. Below is a breakdown of the brew.

*– **Thrillist** is a free daily e-mail that sifts through the crap to find the best of what New York's hiding. Get on the list at **www.thrillist.com/metro**.*

BOTTLES

A "quickly rotating" selection of 65 to 100 bottles are arranged according to flavor profiles, running from lighter, beginning-of-a-meal fare and progressing to richer brews to cap off your session. While all will be crafty/micro, the top shelves are stocked with rare suds for special occasions, like National High Five Month and Tuesdays.

BIGGER BOTTLES

Take-away growlers can be filled with one of six kegs hooked up to a pressurized system that's essentially a mini bottling factory — ensuring minimal loss of carbonation — with past offerings including Evil Twin Ashtray Heart, Kuhnhenn DRIPA, and JW Lees Moonraker Zytamore.

MORE

Specially curated due to their most excellent beer-friendly qualities, expect to find a very special selection of malt/beer vinegars, mustards, pickles and 'kraut from Rick's, plus baked goods, which you won't need to be yourself now that your house is totally loaded with beer.

Cocktail of the week

Southern Sea

Created by Zeb Stewart, owner of Cafe Colette.

- ¾ oz. lemon juice
- ½ oz. simple syrup
- ¾ oz. sweetened aloe vera juice
- 1½ oz. jalapeno-infused tequila
- 1 cucumber wheel, muddled
- Pinch of sea salt.

How to make it:
Pour ingredients into a shaker and muddle the cucumber wheel. Add ice and shake. Strain into a glass and add the muddled cucumber wheel as a garnish.
Where the enjoy it:
Cafe Colette, 79 Berry St., Brooklyn, 347-599-1381

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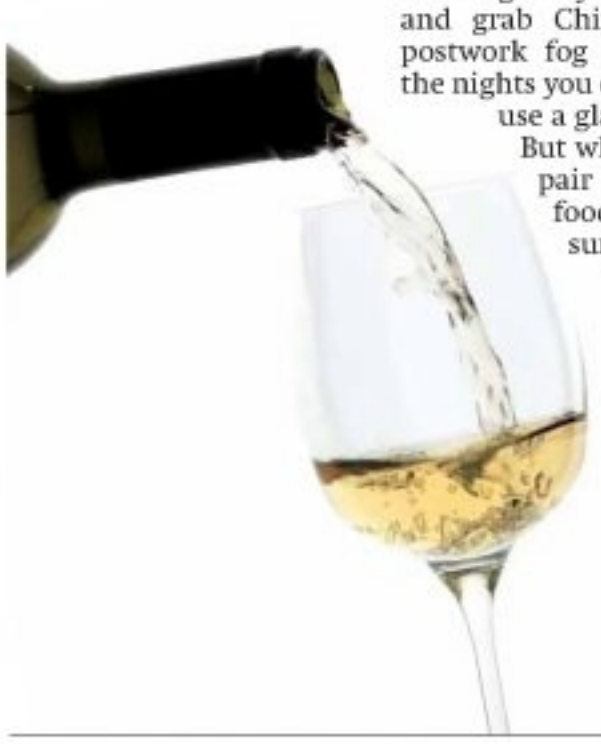
going out

Would you like wine with that?

Plenty of fast foods work just fine with a glass of vino ◗ Expert pairing picks, from nuggets to burritos



The nights you give up and grab Chipotle in a postwork fog are, likely, the nights you could really use a glass of wine. But what can you pair with fast food? Well, surprisingly, quite a bit, according to Gregory Dal Piaz, editor in chief of wine website **Snooth.com**.

"Every so often you eat at McDonald's — the kids want it or something and it's the easiest thing to do — and there's no reason you can't have a decent glass of wine with it," he says. "And because fast food is not that intensely flavored, it seems to go well with wines that can stand up to the acidity in the food."

We checked in for some unconventional pairing tips.

MONICA WEYMOUTH
monica.weymouth@metro.us

Fried chicken

"With fried chicken, chicken nuggets or fried chicken sandwiches, to overcome the greasiness, you're definitely looking for something crispy and fruity and lightweight, maybe a Pinot Grigio or unoaked Chardonnay," says Dal Piaz. But the rules change once bacon is involved, such as with McDonald's Chicken BLT: "All the oaky, smoky stuff goes great with the bacon."

Burgers

For plainer, meaty burgers, Dal Piaz recommends simple reds with big flavors, such as a Grenache blend or a Cotes du Rhone. But, he points out, popular burgers such as the Whopper and Big Mac are really more like sandwiches, with just as many toppings and sauces to consider as the meat. "A Chardonnay actually works well with these burgers," he says. "They have a grilled smoky flavor, and Chardonnays have a creamy, oaky taste that mirrors it, and there are no tannins to fight the burger."

Mexican

When it comes to Chipotle, wine pairings aren't as much of a stretch — Dal Piaz actually enjoyed finding matches for the chain's veggie burrito. "The food just has a lot more going on. There are a lot of things you can play off of. When you take a second bite, it's not always identical."

For Chipotle and other spicy fast fare, he recommends a wine that's low in tannins with some sweetness and enough acidity to fight off the oils, such as Riesling or Lambrusco. "Bubbles and spice are always a lot of fun," he adds.

The golden rule

If you like it, drink it.
"Ultimately, it's all about what you like," advises Dal Piaz. "You can't blindly follow some dude on the Internet."

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'Another Girl,' and another workday

Juliana Hatfield on why she doesn't take too much time off Yes, she considers one day off too much time

After one day and one night, Juliana Hatfield is done with vacation. Apparently, the one day off is Hatfield's idea of a summer holiday.

"I went to Martha's Vineyard recently. I was sort of planning on being there for three days," says the Boston-based alt-pop singer-songwriter. "But I had to come home after 24 hours, because I couldn't handle any more than 24 hours of relaxation. But I really, really enjoyed the 24 hours of relaxation. I just didn't want any more."

If you go

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Hatfield, whose candid memoir "When I Grow Up" was published in 2008, admits that instead of allowing stress to control her as it did when she was younger, she now uses it as fuel. She celebrates the release of her new album, "There's Always Another Girl" next week.

"I put a lot of pressure on myself, and I definitely have anxiety about getting stuff done, about getting songs written," she says. "I guess I kind of thrive on anxiety, I need it. If I'm not constantly producing work then I'll seize up and become a log on my couch, doing nothing. Inertia is a powerful force, and I can get sucked into black holes of doing nothing for a long time. I try not to let that happen."

LINDA LABAN
linda.laban@metro.us

YE OLDE RECORDS

Hatfield says she thrives on anxiety.

Plenty of albums (and rest)

Even Hatfield admits that doing nothing can sometimes be quite an attractive way to spend your time, especially for someone who has been hard at it as a professional musician for, astoundingly, 25 years. "I do allow myself plenty of rest. I always say that I work hard and I rest hard. I can be really lazy and I look back on all the albums I've made and say, 'Well, I deserve a day of doing nothing. I'm going to do nothing today and enjoy it.'"

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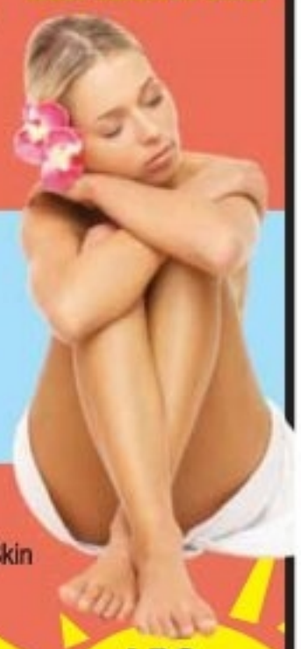
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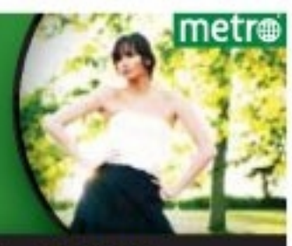
90% of Metro readers have shopped at a department store in the past 3 months
Source: Scarborough R2 2010, adults 25-49, 75K+

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myentertainment

How will you survive the apocalypse?

Just in time for this week's earthquake, the TLC special 'Livin' for the Apocalypse' captures the lives of survivalists preparing for disaster

Financial collapse, and now an earthquake? Is this really happening? Not surprisingly, a growing sector of the population feels that, yes, the apocalypse is well on the way — and they're taking every precaution to be ready for it.

Take, for example, survivalist Dr. Stirling Silverman (this is his pen name — he will not give us his real name for security reasons), who is featured in the TLC special, "Livin' for the Apocalypse." Since the 1980s, Silverman has been stockpiling food, water, weaponry, silver — you name it — in an undisclosed location in Missouri in preparation for government or environmental failure.

"In the late '80s … I became aware that the government was just not going to be prepared for social security because they were spending the money that we were paying in," he says. "Anybody who can do the math understands that the baby boomers are a large group of people. … You're going to have less people paying into the system and then you're going to have all these baby boomers that are expecting to get their retirement money from social security. I think it's criminally negligent that our politicians did not foresee this thing coming."

Expecting the possibilities of "social unrest, economic collapse and hyperinflation," Silverman began collecting silver, which may be handy to have if the dollar collapses completely.

Think that sounds extreme? Consider the reasons why you're reading this article right now, or why a show called "Livin' for the Apocalypse" was made in the first place.

"I think just about everybody out there senses that we're on the verge of something really bad and a lot of people don't understand what it is," says Silverman. "This [TLC] show is one reflection of that. That's not something that would happen 10 years ago. It was a very obscure topic in the '80s when I started, but it's becoming mainstream."

HEIDI PATALANO
heidi.patalano@metro.us

Dr. Stirling Silverman's tips for apocalypse preparedness: What to stockpile first and why

1. Water
"Have some bottled water or larger containers of water in storage. Also: water filters. Say you have to get water out of a lake — you don't want to use that for drinking. You might also want to make preparations for collecting rainwater."

2. Food storage
"You should have at least enough at home to last — depending on what your philosophy is — a few weeks. Some people, like me, have at least a year's supply of food."

3. Utilities
"Think about the things that you get from the local government that you need — like utilities, electricity. The first things you want to take care of are the things you need the most."

Doomed!

Does Silverman think there's any hope for urbanites to survive?
"No, I really don't. Just being frank with you. Even if you are a survivalist and you put a lot of stuff away, do you really want to be in a densely populated area with thousands of people who haven't prepared? They're going to be hungry and they're not going to hesitate to try to take your stuff. I think that's another reason why you need to be armed. But even in the city, I don't think you could be armed enough to fight off the potential hoards. So no, I don't really hold out much hope for people in the city."

Tune in:

'Livin' for the Apocalypse' airs Sunday at 10 p.m. on TLC.

Five movies to consider seeing this weekend

MACALI BRAGARD
Zoe Saldana is out for revenge in "Columbiana."

1 **'Columbiana'** From the writers that created last year's heart-stopping action-thriller "Taken" comes another tale of violent retribution. This time Zoe Saldana avenges the murder of her parents by a Columbian drug lord.

2 **'Our Idiot Brother'** Who wouldn't want Paul Rudd for a brother? Even if he plays a mischief-making hippie who couch-surfs through the apartments of his three sisters with complicated lives, unintentionally throwing everything into chaos, we'd still take him.

3 **'Don't Be Afraid of the Dark'** Prepare to get spooked by the whispering voices of the rat-like homunculi, who inhabit a sealed-off space in an old home. When a young family moves in to renovate it, inquisitive young Sally (Bailee Madison) may be lured into their trap. Horror master Guillermo Del Toro wrote and produced this eerie tale co-starring Katie Holmes.

4 **'Fright Night'** In the remake of the classic 1985 film "Fright Night," Colin Farrell plays the smoldering vampire Jerry, who lives next door to a high school senior (Anton Yelchin) who vows to take him out.

5 **'Conan the Barbarian'** Comic-book season is winding down, but here's one last treat before we dive into self-serious Oscar-bait season: Jason Momoa plays the ancient hero out to avenge his slain father. METRO

myletters&games

Letters

letters@metro.us

The Nazis in our midst?

RE: "TEA PARTY IS THE ANSWER": I can't believe an educated person would make such comparisons to a Nazi. That is the problem, teabaggers: You are the ones trying to control the media; Palin, Bachmann and Paul are the liars.
BRIAN GRAU, VIA E-MAIL

Mr. DuPont feels that the Tea Party is the answer? If he's correct, the question must have been "What do you call a gaggle of science-denying, hypocritical bigots who dream of a land populated and governed solely by people like themselves?"
MIKE CAVALLONE, VIA E-MAIL

The citation of Goebbels in support of the Tea Party is most appropriate and ironic. Do you know what the Nazis did? They fostered hatred against a democratically elected government during a time of economic depression. They scapegoated and persecuted the poor, sick and elderly in order to monopolize control of their country. Does this sound like any group you know of? Germany bought into the mantra of hatred just as you have.
ROBERT SMITH, VIA E-MAIL

How long can we blame W.?

As I sit here reading all the pro-Obama letters and anti-Tea Party ones, I have to laugh at the hypocrisy. The Obamamaniacs that blame Bush for everything from the state of the economy to the coming hurricane fail to admit that Obama increased the national debt by four times. His healthcare bill, sold to save us from medical cost doom, was shot down as unconstitutional. Time to pull up your big-boy pants, Mr. President, or the next president will be inheriting your mess.
JOHN CROWLEY, VIA E-MAIL

E-mail your letters: **letters@metro.us**
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Quit punishing hard workers

RE: "BUFFETT HATERS MISS THE POINT": Why is anyone who disagrees with the socialist left in this country branded as a hater? Flora Huang should focus her attention on the massive and unconscionable inefficiencies in state and federal governments vs. higher taxes on hard-working Americans.
MARK BARBEE, VIA E-MAIL

Earthquakes: They just are

RE: "SHAKEN": Stop getting caught up in the "theory" of earthquakes. That's just more crazy science talk. Next thing you know, scientists will be talking about a "theory" of air pollution.
SARAH JANE VAUGHAN, VIA E-MAIL

Horoscope

♍ Virgo **Aug. 23-Sept. 22.** You're usually more secure doing things along traditional lines, rather than toying with new methods or procedures. However, you could learn something new by going out on a limb a bit.
♎ Libra **Sept. 23-Oct. 23.** You might feel that doing things the usual way is boring; and even though you're yearning to try something different, you'll stick by tradition.
♏ Scorpio **Oct. 24-Nov. 22.** Don't be surprised if some sparks fly in a relationship that you've been treating rather casually. It's merely that you'll finally be seeing someone for the wonderful person he or she is.
♐ Sagittarius **Nov. 23-Dec. 21.** Your material desires can be fulfilled by knowing exactly what you want and how to go about getting it. Make a sound plan before moving ahead.
♑ Capricorn **Dec. 22-Jan. 19.** If you're not quite sure how to accomplish a big job using the new way that everybody is trying, stick to the slower but proven method.
♒ Aquarius **Jan. 20-Feb. 19.** Although you're likely to be rather fortunate financially right now, don't take any wild gambles. And when you do make a significant outlay, be sure to investigate every aspect first.
♓ Pisces **Feb. 20-March 20.** Even if the unexpected might annoy and frustrate you, when it comes to investments you aren't likely to be tripped up. But don't go hog wild.
♈ Aries **March 21-April 19.** Without even trying, you're likely to be the one who can easily influence others. Use this power to encourage someone you love to better themselves.
♉ Taurus **April 20-May 20.** You should pay attention to your behavior toward others, to your tone of voice and what you have to offer. You can make a good, lasting impression when you use your talents.
♊ Gemini **May 21-June 20.** Be flexible and willing to do things the way others want them handled, even if you have to depart from your preferred methods. Who knows, you might find a new way of doing something.
♋ Cancer **June 21-July 22.** Stand by your old pal rather than side with someone new when trying to resolve an issue or make a decision. Loyalty is more important than whose thinking is better or worse.
♌ Leo **July 23-Aug. 22.** Try not to be too easygoing with your funds. You are likely to be amazed by how much mileage you can get out of your dollars when you're more careful than usual about your spending.
BERNICE BEDE OSOL

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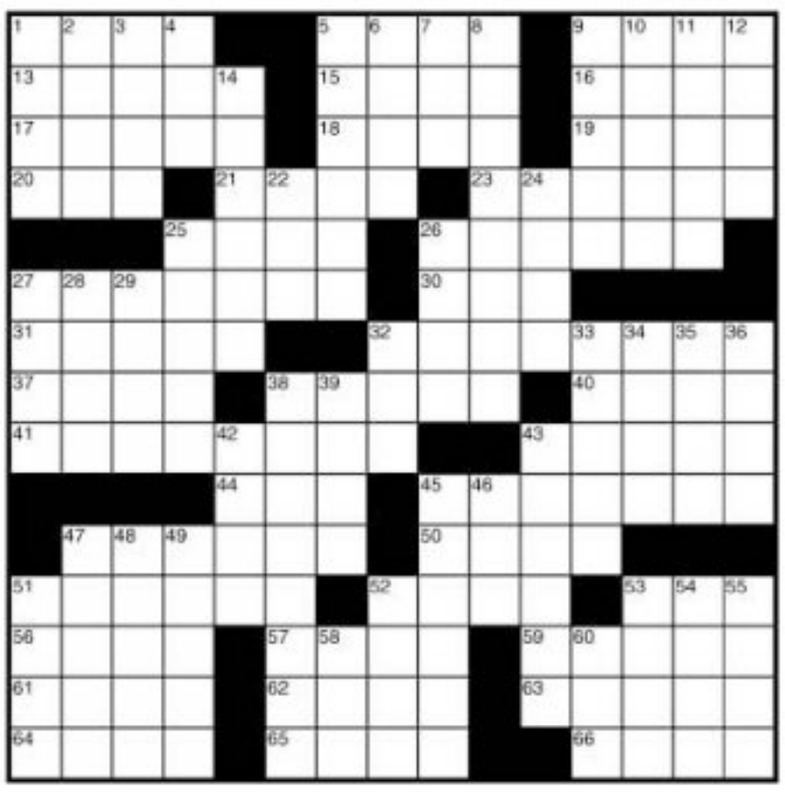
Across
1 Gobble down
5 DEA operative
9 Customs request
13 Winter constellation
15 Jumble
16 Footnote word
17 Macho sort
18 Letter starter
19 Pew locale
20 Sports org.
21 Whipped up
23 Rock plant
25 Weapon or spice
26 Prom honoree
27 Referred to
30 Garden-pond fish
31 Glowing embers
32 Flipped (2 wds.)
37 Mine opening
38 Russell of "Gladiator"
40 Weed killer
41 Wreck havoc on
43 Climber's spike
44 Flight dir.
45 Cascade Range peak
47 Horned animals
50 Delhi nursemaid
51 Ninja's leader
52 Roman sculpture
53 Grassland
56 __ & the Gang
57 Archeologist's find
59 Goes on safari
61 The lowdown
62 Gusto
63 Facilitates
64 Senor's coin
65 Wool sources
66 Witty remark

Down
1 Dose the dog
2 Kind of tradition
3 Nesting place
4 Watch chain
5 Gave silent assent
6 Helm position
7 Narrow inlet
8 Brando role
9 Leonardo da __
10 Potato type
11 Cut, as ties
12 Pious assent
14 Lapps and Bedouins
22 Excellent
24 __ __ for keeps
25 Prefix for media
26 Distort, as data
27 Private school (abbr.)
28 Ore deposit
29 Secular
32 Misery
33 Voter's dilemma
34 Whit
35 Ponce de __
36 Early James Bond foe (2 wds.)
38 Glorify
39 66 and I-80
42 Cafe handout
43 Nebraska river
45 Domes
46 Lamas' chants
47 Lake Geneva feeder
48 Pony feet
49 Ice hut
51 Omit
52 Big name in speakers
53 __ majeste
54 Barely manages
55 Kind of prof.
58 Morning dampness
60 British rule in India



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SUDOKU **LEVEL: EASY**

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SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

M	O	T	T	O		P	R	O	P		I	G	O	R
A	L	E	U	T		H	I	K	E		B	A	B	A
S	L	A	N	T		O	G	L	E		E	P	I	C
K	A	R	A	O	K	E	B	A	R		R	E	E	K
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A	S	T	I		I	N	G	E		N	O	I	R	E
N	E	O	N		E	D	E	R		A	L	L	A	N
K	E	P	I		R	Y	E	S		S	O	T	T	O

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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style

New worldwide trends

There's a boatload of new fashion concepts to choose from this fall ◗ Work with one or layer them up, almost anything goes ◗ That makes for fun dressing, but means nightmare shopping trips ◗ Before you hit the stores, check out this guide for navigating your options

Shapes

The '60s are the new '70s
Sixties-flavored A-line dresses, skirts and coats ruled the runways for collections such as Prada, Burberry Prorsum and Fendi, replacing all of those floaty '70s looks you coveted last fall. Even trousers have a new feel to them in cigarette shapes with higher hemlines. Not that all of this is bad news for those who invested heavily in the Studio 54 look, though. That trend is still relevant, too.

Prada

Prints

Polka dots and stars are the new stripes
Last season, it was all about stripes. But this fall, polka dots and stars take the prize for the trendiest print. Thank Marc Jacobs, Stella McCartney and Topshop Unique for all the spots you're seeing in the shops, while Dolce & Gabbana are behind all those dresses covered in Milky Way twinkles that you've been seeing on the red carpet. If you don't feel like committing to either print from head to toe, use a spotted shoe or bag to add pop to your look.

Marc Jacobs

Extras

Maximal is the new minimalism
Embellished to the max in crystals and glitter (Dolce & Gabbana) or patchwork (Fendi), details and ornamentation are suddenly very important. As seen on just about every runway, more is definitely more this season. And if you're feeling really adventurous, combine them all in a single outfit and own it.

Dolce & Gabbana

KENYA HUNT
METRO WORLD NEWS IN LONDON

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3 **Polka dots**
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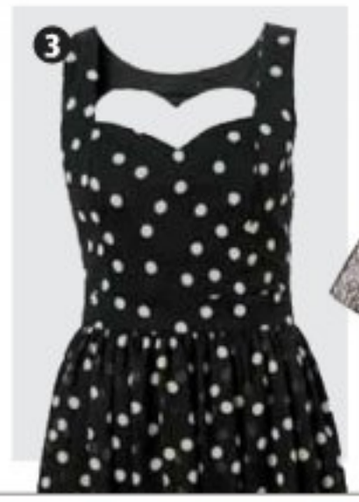
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Sales in the city

Rent the Runway sale
Gently worn items from 150 designers — including Proenza Schouler, Catherine Malandrino and Missoni — will be on sale. For those who aren't members of Rent the Runway, tickets are $5 through www.giltcity.com and get you a $20 credit.
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technology

Samsung reveals new Android smartphones and naming scheme

Samsung has revealed a slew of new Android Gingerbread smartphones, all named under the new naming scheme which should make it easier to discern which phone does what by looking at the name alone.

Now, when you hear about a Samsung Galaxy phone, this is what the letters following "Galaxy" in the name mean: S means "Super Smart" and denotes a flagship device, while R stands for "Royal" or "Refined" and denotes a premium model, just below the S class. W stands for "Wonder," which translates to a high-quality, midlevel device; M means "Magical" and denotes a mid- to low-level smartphone, while Y stands for "Young," meaning an entry-level device.

Additionally, Pro indicates the device includes a physical QWERTY keyboard, Plus means the device is an upgrade from an existing model, while LTE means that the device supports Long-Term Evolution standard, which enables very fast data transfer.

This makes our job easier. If we tell you that Samsung has released four new Android smartphones — Galaxy W, Galaxy M Pro, Galaxy Y and Galaxy Y Pro — you already know what that means, right?

We'll add some details, though: The Galaxy W sports a respectable 1.4 GHz processor, HSDPA connectivity and a 3.7 touch screen. Samsung hasn't revealed the precise specs of the other three devices, except a couple of tidbits here and there.

Samsung is playing the name game.

STAN SCHROEDER FOR Mashable
The Social Media Guide

Starbucks tops Facebook logins for restaurants

Starbucks is the eatery Facebook users check in to most, according to a report from the social-networking giant. With about 17,000 locations, Starbucks' ubiquity no doubt works in its favor; but the list also shows that smaller players can upset industry titans. Case in point: Buffalo Wild Wings, which has around 700 outlets, was higher on the list than McDonald's and its 32,000 or so global locations. The list in full:

1. Starbucks
2. Buffalo Wild Wings
3. Chili's
4. Applebee's
5. McDonald's
6. IHOP
7. Denny's
8. Olive Garden
9. T.G.I. Friday's
10. The Cheesecake Factory. TODD WASSERMAN FOR MASHABLE

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'No added incentive'

Plax to face his former Giants teammates Says it's just another game Rex: 'It'll be interesting'

WILLIAM PERLMAN/THE STAR-LEDGER VIA US PRESSWIRE

▶ Burress said facing his former team on Saturday will have no 'added juice.'

Calm before the storm

JETS. It's hard to call it training camp when the defensive line is standing under the shade of a tree. But that was practice yesterday.

Welcome to the new NFL, where you hit the books and chalkboard harder than anything you do in drills.

There are new restrictions on how teams can handle the traditional two-a-day routine. Under the CBA, teams can have one padded session per day. The other session is a walkthrough.

There is no contact, only simulation, and punters aren't even allowed to kick the ball.

METRO/KD

For Plaxico Burress, Saturday night's preseason game against his old teammates is just another game. And if you believe that, Bernie Madoff has some investment advice for you.

"There's nothing extra, no added incentive, juice or whatever you call it," Burress said. "I'm more concerned about me going out, playing better, getting better."

Having made his Jets debut this past weekend, Burress is turning his attention towards the Giants. Burress went from a promising receiver to a bona fide star with the Giants during four seasons.

Then, he notoriously went from hero to zero in November 2008 when he accidentally shot himself in a New York City nightclub.

Saturday night represents his second game since the shooting, and as much as he tries to paint this as purely about football, it's anything but just a game.

After getting a warm reception from the Jets' home crowd on Sunday, it's anyone's guess how Giants fans will react.

"I'm sure it will be exciting for him to come back out there," head coach Rex Ryan said. "It'll be interesting to see the fans' reaction to him, things like that."

"It's going to be fun," Burress said. "It will definitely be something special."

KRISTIAN DYER
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4

Cornerbacks brought into camp yesterday to fill the injury openings. They included Lito Sheppard, Dre Bly and Brian Williams. Williams was signed.

JEFF ZELEVANSKY/GETTY IMAGES

▶ Justin Tuck is going to be counted on as a leader.

Giants need to fill injury void

It seems that every training camp there is one team that experiences great loss before the regular season even begins.

Unfortunately for the Giants, they seem to have drawn the short end of that stick.

Following Monday night's win over the Bears — a game that was marred by three season-ending injuries — the Giants spent most of practice talking about how guys need to step up. They will need to get out of the malaise quickly with the crosstown rival Jets on the horizon Saturday.

Defensive end Justin Tuck said the bright side is that unknown players have the opportunity to become household names if they successfully fill the voids.

"It's football. Obviously it's unfortunate to happen but like I always say, guys have to step up," Tuck said. "New guys have opportunities now and it gives guys more of a chance to showcase their football talents."

Tuck said he won't allow for his team to feel sorry for itself.

"We can't sit here and pity ourselves because the teams we're playing this year won't," Tuck said. "We've got to move forward. Does it hurt? Absolutely, but it's football. Every team has injuries and every team has people that go down. But it's the teams that bounce back from it and you see in the playoffs that still compete for championships every year."

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Nova getting into a groove

Russell Martin knew the potential Ivan Nova's right arm possessed. Now he knows more about the makeup of the pitcher who is making a strong case to be the No. 2 starter for the Yankees.

"I knew that he had a good arm," Martin told Metro. "He had a lot of potential. I didn't really know much about him. I didn't know how he was as a person, but he's classy guy once you get to know him."

The first time Martin saw that potential was during spring training. He caught six no-hit innings on March 17 against the Orioles and discovered that Nova possessed a slider that could be equally as effective as the fastball and curveball he had heard about upon joining the Yankees.

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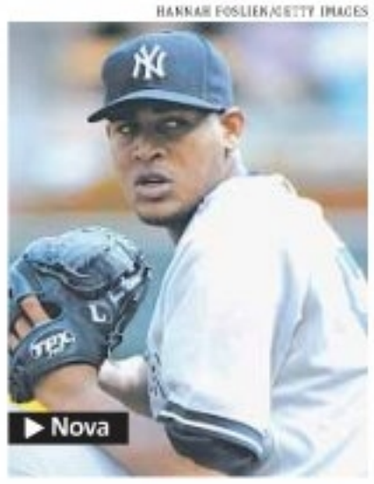
CLUBHOUSE REPORT FROM YANKS-ATHLETICS GAME 2

"After that I knew," Martin said. "You can show glimpses of things, it's just a matter of being more consistent and that's what happens when you're young. You're searching for that consistency and it seems like he's found it."

He is 9-0 in his last 10 starts with a 3.48 ERA and is the first Yankee rookie starting pitcher to win nine straight decisions since Whitey Ford 61 years ago. His next win will mark the most by a Yankee rookie starting pitcher since Doc Medich was 14-9 in 1973. LARRY FLEISHER

HANNAH FOSLIEN/GETTY IMAGES



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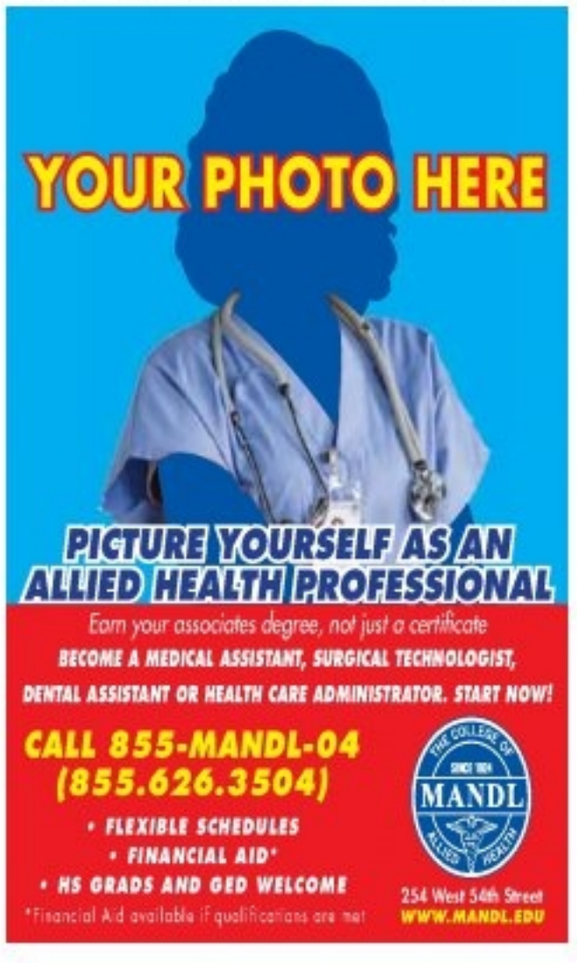
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